



MÉDERI
NUTRICIÓN INTEGRATIVA
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CITRAMEDER B6 PLUS



Description: Food supplement based on magnesium and vitamin B6.

Directions for use / recommended dose: Take two (2) tablets daily, with half a glass of water (125 mL) and preferably on an empty stomach or as recommended by a professional.

Presentation: Bottles of 150 and 300 tablets of 820 mg.

Composition: Magnesium citrate, bulking agents (microcrystalline cellulose and dicalcium phosphate), coating: AquaPolish® F clear 099.28 MS (coating agent: hydroxypropyl methyl cellulose, anti-caking agents: microcrystalline cellulose and stearic acid), anti-caking agents (AEROSIL® 200 F (silicon dioxide), magnesium salts of fatty acids and pyridoxal 5'-phosphate (vitamin B6).

Storage conditions: Keep the container closed in a dry and cool place.





Ingredients	2 tablets	%NRV*
Magnesium	250 mg	66.70%
Vitamin B6	2 mg	142.86%

*NRV: Nutrient Reference Value for vitamins and minerals.

Warnings: Do not exceed the expressly recommended daily dose. Food supplements should not be used as a substitute for a balanced diet. Keep out of reach of younger children.

Properties and potential applications:

Citrameder B6 Plus contains easily absorbed organic magnesium citrate. In addition, it includes in its formulation pyridoxal phosphate, the metabolically active form of vitamin B6. The combination of both nutrients is essential for maintenance of good health.

Magnesium helps decrease tiredness and fatigue, normal protein synthesis and the process of cell division; contributes to the normal functioning of muscles and the nervous system, energy metabolism, electrolyte balance, maintain good psychological function and maintain bones and teeth in normal conditions.

Vitamin B6 helps decrease tiredness and fatigue, regulate hormonal activity and normal red blood cell formation. It contributes to the proper functioning of the immune system, the nervous system and normal psychological function, to normal energy metabolism, to the metabolism of proteins, glycogen, homocysteine and also cysteine.

It is important to follow a varied and balanced diet and a healthy lifestyle.